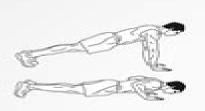
BASKETBALL

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes









10combos: 1 push-up + 10 high knees

10 side-to-side jumps



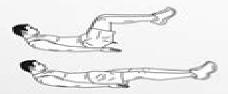




10-count squat hold



10 jump squats



20 crunch kicks



20 sitting twists

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